



High School Menu Spring 2014



All meals are served with fresh fruits, vegetables, 100% juice, choice of milk (1%, nonfat, or nonfat chocolate), and choice of entrée.

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 Chicken Bites w/roll	March 4 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	March 5 Chicken Hot Wings with Celery & Carrots	March 6 Spicy Sichuan Chicken w/ rice & potstickers	March 7 Fish Tacos
March 10 Pineapple Chicken w/rice & potstickers	March 11 Chicken Taco Salad Wild Mike’s Pan Pizza	March 12 Chicken Bites w/roll	March 13 Beef Lasagna	March 14 Tuna Sandwich Chicken Taquitos
March 17 Chicken Bites w/roll Macaroni & Cheese	March 18 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	March 19 Chicken Hot Wings with Celery & Carrots	March 20 Spicy Sichuan Chicken w/ rice & potstickers	March 21 Fish Tacos

Spring Break: March 24th—31st

APRIL

March 31 No School	April 1 (No School RBV) Chicken Taco Salad Wild Mike’s Pan Pizza	April 2 Chicken Bites w/roll Teriyaki Meatballs w/rice	April 3 Beef Lasagna	April 4 Tuna Sandwich Chicken Taquitos
April 7 Chicken Bites w/roll Macaroni & Cheese	April 8 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	April 9 Chicken Hot Wings with Celery & Carrots	April 10 Spicy Sichuan Chicken w/ rice & potstickers	April 11 Fish Tacos
April 14 Pineapple Chicken w/rice & potstickers	April 15 Chicken Taco Salad Wild Mike’s Pan Pizza	April 16 Chicken Bites w/roll Teriyaki Meatballs w/rice	April 17 Beef Lasagna	April 18 Tuna Sandwich Chicken Taquitos
April 21 Chicken Bites w/roll Macaroni & Cheese	April 22 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	April 23 Chicken Hot Wings with Celery & Carrots	April 24 Spicy Sichuan Chicken w/ rice & potstickers	April 25 Fish Tacos

MAY

April 28 Pineapple Chicken w/rice & potstickers	April 29 Chicken Taco Salad Wild Mike’s Pan Pizza	April 30 Chicken Bites w/roll Teriyaki Meatballs w/rice	May 1 Beef Lasagna	May 2 Tuna Sandwich Chicken Taquitos
May 5 Chicken Bites w/roll Macaroni & Cheese	May 6 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	May 7 Chicken Hot Wings with Celery & Carrots	May 8 Spicy Sichuan Chicken w/ rice & potstickers	May 9 Fish Tacos
May 12 Pineapple Chicken w/rice & potstickers	May 13 Chicken Taco Salad Wild Mike’s Pan Pizza	May 14 Chicken Bites w/roll Teriyaki Meatballs w/rice	May 15 Beef Lasagna	May 16 (No school VHS) Tuna Sandwich Chicken Taquitos
May 19 Chicken Bites w/roll Macaroni & Cheese	May 20 Carnitas Tacos, Wild Mike’s Pan Pizza, or Cheeseburger	May 21 Chicken Hot Wings with Celery & Carrots	May 22 Spicy Sichuan Chicken w/ rice & potstickers	May 23 Fish Tacos
May 26 No School	May 27 Chicken Taco Salad Wild Mike’s Pan Pizza	May 28 Chicken Bites w/roll Teriyaki Meatballs w/rice	May 29 Beef Lasagna	May 30 Tuna Sandwich Chicken Taquitos

JUNE

June 2 Chicken Bites w/roll Macaroni & Cheese	June 3 Wild Mike’s Pan Pizza Cook’s Choice	June 4 Chicken Hot Wings with Celery & Carrots	June 5 Cook’s Choice
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Fresh, seasonal California-grown fruits offered each week include apples, grapes, oranges, tangerines, and stone fruit.

Fresh vegetables offered each week include Romaine lettuce, baby carrots, tomatoes, bell peppers, jicama, cucumber, fresh salsa, beans, spinach, broccoli, celery, peas, & corn.



Try our fresh-made salads. YUM!

Monday **Chicken Caesar Salad**

Tuesday **Chef Salad**

Wednesday **Beef Taco Salad**

Thursday **Honey Mustard Chicken Salad**

Friday **Tuna Salad**



OFFERED DAILY!

Chicken Breast Fillet Sandwich
served on a whole-grain bun
Spicy Chicken Breast Fillet Sandwich
It’s nice and HOT!
Turkey or Ham Deli Sub Sandwich
served with leaf lettuce and tomato
Smucker’s PB&J Plate
Burrito
Yogurt and Fruit plate

Health and Learning Success

Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

Meal Prices

Lunch \$2.75 / Adults \$3.00

Breakfast \$1.50 / Adults \$1.50

Milk/Juice \$0.35

Create an account & pay online at:

<https://paypams.com>

Nino’s Pizza by the slice (peperoni, cheese & specialty toppings) is served at:

Monday: Mission Vista High

Thursday: RBV

Friday: Vista High

Nino’s Pizza is made fresh daily in our pizza kitchen and delivered HOT to your school site. Enjoy!



This institution is an equal opportunity provider. Menu subject to change.

Breakfast

Breakfast includes the entrée and choice of fruit, 100% juice, and/or milk (1% or nonfat).

Monday	Tuesday	Wednesday	Thursday	Friday
Benefit Breakfast Bar Sunnyside Up Sandwich Assorted Cereals Yogurt and Granola	Honey Lemon Loaf Yogurt & Fruit Parfait Assorted Cereals Bagel & Cream Cheese	Breakfast Breads Egg & Potato Burrito Assorted Cereals Yogurt and Granola	Blueberry/Choc. Chip Muffins Breakfast Quesadilla Assorted Cereals Yogurt and Granola	Zach Omega Bar Sunnyside Up Sandwich Assorted Cereals Yogurt and Granola



Child Nutrition Rules & Regulations under USDA

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include a 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5)meat/meat alternate. Condiments do not count as a component. The high school lunch meal provides 750-850 calories and the high school breakfast provides 450-600 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.

Feeding them right to keep them bright!